



MOROCCAN- SPICED SQUASH AND LENTIL STEW

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Serves 4

180g green lentils (soaked for 8 hours)
1 tbsp olive oil
1 onion, peeled and chopped
2 stalks celery, chopped
1 large carrots, chopped
400g butternut squash, peeled and chopped
2 garlic cloves
2 tsp ground turmeric
2 tsp ground cumin
2 tsp ground ginger
2 tsp smoked paprika
1 tsp ground cinnamon
600g bottle of passata
250ml hot water
1 lemon

METHOD

1. To soak the lentils: Soak for 8-10 hours (overnight). Rinse thoroughly under cold running water.
2. Heat the oil in large shallow pan and sauté the onions, celery and carrots together for 8-10 minutes.
3. Add the crushed garlic and squash and stir everything together for a few minutes.
4. Add all the spices and stir.
5. Add the soaked lentils, passata and hot water.
6. Simmer together for 40-45 minutes until the squash and lentils are cooked. Keep an eye on the pan and add more water if it starts looking a little dry.
7. Before serving squeeze over the juice of a lemon.
8. Serve with a spoon of coconut or Greek yoghurt and a few coriander leaves.

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